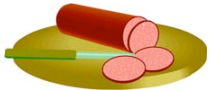


Disaster Preparedness

Prepared by Sacramento Metropolitan Fire District.
See www.ready.gov for the complete document and more information.

Use this list as a guide to assist you in preparing yourself, your family, your school or your business for unexpected disasters.

Get A Kit



WATER & FOOD

Water

- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers, and sick people may need more water.
- If you live in a warm weather climate more water may be necessary.
- Store water tightly in clean plastic containers such as soft drink bottles.
- Keep *at least* a three-day supply of water per person.

Food

- Store *at least* a three-day supply of non-perishable food.
- Select foods that require no refrigeration, preparation or cooking and little or no water.
- Pack a manual can opener and eating utensils.
- Choose foods your family will eat.
 - Ready-to-eat canned meats, fruits and vegetables
 - Protein or fruit bars
 - Dry cereal or granola
 - Peanut butter
 - Dried fruit
 - Nuts
 - Crackers
 - Canned juices
 - Non-perishable pasteurized milk
 - High energy foods
 - Vitamins
 - Food for infants
 - Comfort/stress foods

CLEAN AIR

Many potential terrorist attacks could send tiny microscopic "junk" into the air. For example, an explosion may release very fine debris that can cause lung damage. A biological attack may release germs that can make you sick if inhaled or absorbed through open cuts. Many of these agents can only hurt you if they get into your body, so think about **creating a barrier** between yourself and any contamination.

Nose and Mouth Protection

Face masks or dense-weave cotton material, that **snugly covers your nose and mouth** and is specifically fit for each member of the family. Do whatever you can to make the best fit possible for children.

Be prepared to improvise with what you have on hand to protect your nose, mouth, eyes and cuts in your skin. Anything that fits snugly over your nose and mouth, including any dense-weave cotton material, can help filter contaminants in an emergency. It is very important that most of the air you breathe comes through the mask or cloth, not around it. Do whatever you can to make the best fit possible

for children. There are also a variety of face masks readily available in hardware stores that are rated based on how small a particle they can filter in an industrial setting.

Given the different types of attacks that could occur, there is not one solution for masking. For instance, simple cloth face masks can filter some of the airborne "junk" or germs you might breathe into your body, but will probably not protect you from chemical gases. **Still, something over your nose and mouth in an emergency is better than nothing.** Limiting how much "junk" gets into your body may impact whether or not you get sick or develop disease.

Other Barriers

- **Heavyweight plastic garbage bags or plastic sheeting**
- **Duct tape**
- **Scissors**

There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as "**shelter-in-place**," is a matter of survival. You can use these things to tape up windows, doors and air vents if you need to seal off a room from outside contamination. Consider precutting and labeling these materials. Anything you can do in advance will save time when it counts.

Use available information to **assess the situation**. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you can use these things to tape up windows, doors and air vents if you need to seal off a room.

HEPA (High Efficiency Particulate Air Filtration) Filter Fans

Once you have sealed a room with plastic sheeting and duct tape you may have created a better barrier between you and any contaminants that may be outside. However, no seal is perfect and some leakage is likely. In addition to which, you may find yourself in a space that is already contaminated to some degree.

Consider a **portable air purifier**, with a **HEPA filter**, to help remove contaminants from the room where you are sheltering. These highly efficient filters have small sieves that can capture very tiny particles, including some biological agents. Once trapped within a HEPA filter contaminants cannot get into your body and make you sick. While these filters are excellent at filtering dander, dust, molds, smoke, biological agents and other contaminants, they will not stop chemical gases.

Some people, particularly those with severe allergies and asthma, use HEPA filters in masks, portable air purifiers as well as in larger home or industrial models to continuously filter the air.



FIRST AID KIT

In any emergency a family member or you yourself may be cut, burned or suffer other injuries. If you have these basic supplies you are better prepared to help your loved ones when they are hurt. Remember, many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

Things you should have:

- Two pairs of Latex, or other **sterile gloves** (if you are allergic to Latex).
- **Sterile dressings** to stop bleeding.
- **Cleansing agent**/soap and antibiotic towelettes to disinfect.
- **Antibiotic ointment** to prevent infection.
- **Burn ointment** to prevent infection.
- **Adhesive bandages** in a variety of sizes.
- **Eye wash solution** to flush the eyes or as general decontaminant.
- **Thermometer**
- **Prescription medications** you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- **Prescribed medical supplies** such as glucose and blood pressure monitoring equipment and supplies.

Things it may be good to have:

- Cell Phone
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant

Non-prescription drugs:

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Laxative

For first aid supplies, visit www.rescuetraininginstitute.com.



SUPPLY CHECKLISTS

Emergency Supplies

Water, food, and clean air are the essential items for survival. Each family or individual's kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include important family documents.

Recommended Supplies to Include in a Basic Kit:

- **Water**, one gallon of water per person per day, for drinking and sanitation
- **Food**, at least a three-day supply of non-perishable food
- **Battery-powered radio** and **extra batteries**
- **Flashlight** and **extra batteries**
- **First Aid kit**
- **Whistle** to signal for help
- **Dust mask** or cotton t-shirt, to help filter the air
- **Moist towelettes** for sanitation
- **Wrench** or **pliers** to turn off utilities
- **Can opener** for food (if kit contains canned food)
- **Plastic sheeting** and **duct tape** to shelter-in-place
- **Unique family needs**, such as daily prescription medications, infant formula or diapers, and important family documents
- **Garbage bags** and **plastic ties** for personal sanitation

Clothing and Bedding:

If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes.

One complete change of warm clothing and shoes per person, including:

- A jacket or coat
- Long pants

- A long sleeve shirt
- Sturdy shoes
- A hat and gloves
- A sleeping bag or warm blanket for each person

Other items to consider adding to your Supply Kit:

- Emergency reference material such as a first aid book or a print out of this information
- Rain gear
- Mess kits, paper cups, plates and plastic utensils
- Cash or traveler's checks, change
- Paper towels
- Fire Extinguisher
- Tent
- Compass
- Matches in a waterproof container
- Signal flare
- Paper, pencil
- Medicine dropper
- Feminine supplies
- Personal hygiene items
- Disinfectant
- Household chlorine bleach

You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to purify water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

Important Family Documents:

Keep copies of important family records such as insurance policies, identification and bank account records in a waterproof, portable container.



SPECIAL NEEDS ITEMS

Remember the special needs of your family members.

Infants, the elderly and persons with disabilities need the same planning as everyone else, and sometimes a little more, to be prepared for a terrorist attack.

For Baby:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Moist towelettes
- Diaper rash ointment

For Adults:

- Ask your doctor about storing prescription medications such as heart and high blood pressure medication, insulin and other prescription drugs.
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

For Seniors:

- Plan how you will evacuate or signal for help.
- Plan emergency procedures with home health care agencies or workers.
- Tell others where you keep your emergency supplies.
- Teach others how to operate necessary equipment.
- Label equipment like wheelchairs, canes or walkers.
- **Additional supplies for seniors:**
 - List of prescription medications including dosage in your supply kits. Include any allergies.
 - Extra eyeglasses and hearing-aid batteries.
 - Extra wheelchair batteries or other special equipment in your supply kit.

- A list of the style and serial numbers of medical devices such as pacemakers in your emergency supply kits.
- Copies of medical insurance and Medicare cards.
- List of doctors and emergency contacts.

For People with Disabilities:

- Create a support network to help in an emergency.
- Tell these people where you keep your emergency supplies.
- Give one member of your support network a key to your house or apartment.
- Contact your city or county government's emergency information management office. Many local offices keep lists of people with disabilities so they can be located quickly in a sudden emergency.
- Wear medical alert tags or bracelets to help identify your disability.
- If you are dependent on dialysis or other life sustaining treatment, know the location and availability of more than one facility.
- Show others how to operate your wheelchair.
- Know the size and weight of your wheelchair, in addition to whether or not it is collapsible, in case it has to be transported.
- **Additional Supplies for People with Disabilities:**
 - Prescription medicines, list of medications including dosage, list of any allergies.
 - Extra eyeglasses and hearing-aid batteries.
 - Extra wheelchair batteries, oxygen.
 - Keep a list of the style and serial number of medical devices.
 - Medical insurance and Medicare cards.
 - List of doctors, relatives or friends who should be notified if you are hurt

Making a Plan



CREATING A FAMILY PLAN

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

Family Communications Plan

- **It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact** may be in a better position to communicate among separated family members.
- Be sure every member of your family **knows the phone number** and has **coins** or a **prepaid phone card** to call the emergency contact.
- **You may have trouble getting through**, or the telephone system may be down altogether, **but be patient**.

Emergency Information

Find out what kinds of disasters, both natural and man-made, are most likely to occur in your area and how you will be notified. Methods of getting your attention vary from community to community. One common method is to broadcast via **emergency radio** and **TV broadcasts**. You might hear a special siren, or get a telephone call, or emergency workers may go door-to-door.

Emergency Plans

You may also want to **inquire about emergency plans** at places where your family spends time: **work**, **daycare** and **school**. If no plans exist, consider volunteering to help create one. Talk to your neighbors about how you can work together

in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance.



AT WORK AND SCHOOL

Like individuals and families, schools, daycare providers, workplaces, neighborhoods and apartment buildings should all have site-specific emergency plans.

Ask about plans at the places where your family spends the most time: work, school and other places you frequent. If none exist, consider volunteering to help develop one. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead, and communicate with others in advance.

Neighborhoods and Apartment Buildings

A community working together during an emergency makes sense.

- **Talk to your neighbors** about how you can **work together** during an emergency.
- **Find out if anyone has specialized equipment** like a power generator, or expertise such as medical knowledge, that might help in a crisis.
- Decide who will **check on elderly or disabled neighbors**.
- **Make back-up plans** for children in case you can't get home in an emergency.
- Sharing plans and **communicating in advance** is a good strategy.

Schools and Daycare

If you are a parent, or guardian of an elderly or disabled adult, make sure schools and daycare providers have emergency response plans.

- Ask how they will **communicate** with families during a crisis.
- Ask if they **store** adequate food, water and other basic supplies.
- Find out if they are **prepared** to "shelter-in-place" if need be, and where they plan to go if they must get away.

Employers

If you are an employer, make sure your workplace has a building evacuation plan that is regularly practiced.

- Take a critical look at your **heating, ventilation and air conditioning system** to determine if it is secure or if it could feasibly be upgraded to better filter potential contaminants, and be sure you know how to turn it off if you need to.
- Think about what to do if your employees **can't go home**.
- Make sure you have appropriate **supplies** on hand.



WALK



DON'T WALK

DECIDING TO STAY OR GO

Depending on your circumstances and the nature of the attack, the first important decision is whether you stay put or get away. You should understand and plan for both possibilities. Use common sense and available information, including what you are learning here, to determine if there is immediate danger.

In any emergency, local authorities may or may not

immediately be able to provide information on what is happening and what you should do. However, you should monitor TV or radio news reports for information or official instructions as they become available. If you're specifically told to evacuate or seek medical treatment, do so immediately.

Staying Put

Whether you are at home, work or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside.

There are other circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as "sealing the room," is a matter of survival. Use available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to take this kind of action.

The process used to seal the room is considered a temporary protective measure to create a barrier between you and potentially contaminated air outside. It is a type of sheltering in place that requires preplanning.

To "Shelter in Place and Seal the Room"

- Bring your family and pets **inside**.
- **Lock** doors, **close** windows, air vents and fireplace dampers.
- **Turn off** fans, air conditioning and forced air heating systems.
- **Take your emergency supply kit** unless you have reason to believe it has been contaminated.
- **Go into an interior room** with few windows, if possible.
- **Seal** all windows, doors and air vents with plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.
- Be prepared to **improvise** and use what you have on hand to **seal gaps** so that you create a barrier between yourself and any contamination.
- Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should **watch TV, listen to the radio or check the Internet often for official news** and instructions as they become available.

Getting Away

There may be conditions under which you will decide to get away, or there may be situations when you are ordered to leave. Plan how you will assemble your family and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency.

Create an evacuation plan:

- **Plan places** where your family will meet, both within and outside of your immediate neighborhood.
- If you have a car, keep a **half tank of gas** in it at all times in case you need to evacuate.
- Become familiar with **alternate routes** and other means of transportation out of your area.
- If you **do not have a car**, plan how you will leave if you have to.
- **Take your emergency supply kit** unless you have reason to believe it has been contaminated.
- **Lock** the door behind you.
- Take your **pets** with you, but understand that only service animals may be permitted in public shelters. Plan how you will care for your pets in an emergency.

If time allows:

- Call or email the "out-of-state" contact in your family communications plan.
- Tell them where you are going.

- If there is damage to your home and you are instructed to do so, shut off water, gas and electricity before leaving.
- Leave a note telling others when you left and where you are going.
- Check with neighbors who may need a ride.

Learn how and when to turn off utilities:

If there is damage to your home or you are instructed to turn off your utilities:

- Locate the electric, gas and water shut-off valves.
- Keep necessary tools near gas and water shut-off valves.
- Teach family members how to turn off utilities.
- **If you turn the gas off, a professional must turn it back on. Do not attempt to do this yourself.**

Plan for your pets:

- **Pets should not be left behind**, but understand that only service animals may be permitted in public shelters. Plan how you will care for your pets in an emergency.
- **Store** extra food, water and supplies for your pet.



IN A MOVING VEHICLE

- If there is an **explosion** or other factor that makes it difficult to control the vehicle, **pull over, stop the car and set the parking brake**.
- If the emergency could impact the physical stability of the roadway, **avoid overpasses, bridges, power lines, signs** and other hazards.
- If a power line falls on your car you are at risk of **electrical shock**, stay inside until a trained person removes the wire.
- **Listen** to the radio **for information and instructions as they become available**.



IN A HIGH-RISE BUILDING

- Note where the closest **emergency exit** is.
- Be sure you know **another way out** in case your first choice is blocked.
- **Take cover** against a desk or table if things are falling.
- **Move away** from file cabinets, bookshelves or other things that might fall.
- **Face away** from windows and glass.
- **Move away** from exterior walls.
- Determine if you should stay put, "**shelter-in-place**" or get away.
- **Listen** for and follow **instructions**.
- Take your **emergency supply kit**, unless there is reason to believe it has been contaminated.
- **Do not use elevators**.
- Stay to the right **while going down stairwells to allow emergency workers to come up**.